

# TERM 4 - 2021

## John XXIII Canteen

### Summer Menu



#### Breakfast Menu - daily (8am - 8.30am)

Weetbix 30g & 225ml HiLo Milk \$3.50

Wholegrain Toast ( White bread on request)

2 pieces of toast with 2 condiments \$2.50

Fresh baked bread roll with 2 condiments \$2.50

(Condiments = Margarine & Vegemite)

Plain Cheese Toastie \$2.50

Ham & Cheese Toastie \$3.00

Hot Chocolate - 200ml \$2.00

#### Baked

Vegemite & Cheese Scrolls \$3.00

Cinnamon Scrolls \$3.00

Banana Bread - 80g \$2.00

#### Drinks

Plain Milk (HiLo) - 225ml

Plain milk (HiLo) - 600ml

Flavoured Chill milk 300ml - small

- 600ml

Fruit juice (100%) - small, popper 250ml

Bottled water 600ml

Juice Bomb 250ml

Up and Go 250ml

#### Ice-Creams

Quelch ice sticks

Nippies frozen juice cup

Twisted frozen yoghurt

Paddle pop (Chocolate & Rainbow)

#### Snacks

Natural Veggie Chips

Plain Air Popped Popcorn

Whole fruit piece

Yogurt natural & low fat - 170g

Fresh fruit salad (5 - 7 fresh fruits) 180g

Low Fat Cheese & Plain Crackers

Yoghurt & Museli Cup

Vegetable sticks & Dip



\$1.00

\$2.00

\$2.80

\$4.00

\$2.00

\$2.00

\$3.00

\$3.00

\$1.00

\$1.00

\$2.50

\$2.00

\$2.00

\$2.00

\$1.00

\$2.20

\$3.50

\$2.50

\$2.50

\$2.50



# WEEKLY LUNCHEON MENU

Avoid queues & time by ordering on-line

(Sorry - no variations to meals)

Subject to Supplier availability, occasionally items may need to be substituted for other menu items.

## Monday

|                                |           |        |
|--------------------------------|-----------|--------|
| Sushi - Tuna                   | - 8 piece | \$6.80 |
|                                | - 5 piece | \$5.50 |
| Loaded Nacho's with sour cream |           | \$6.80 |
| Pizza Single - Ham & Cheese    |           | \$3.30 |



## Tuesday

|   |  |        |
|---|--|--------|
| Chicken Caesar Salad on Wholegrain wrap |  | \$6.80 |
| Buddha Bowl                             |  | \$8.00 |
| Mrs. Macs Good Eating Pies - 175g       |  | \$4.20 |
| Mrs. Macs Good eating Sausage roll 110g |  | \$3.80 |

## Wednesday

|                               |           |        |
|-------------------------------|-----------|--------|
| Sushi - Chick Teriyaki        | - 8 piece | \$6.80 |
|                               | - 5 piece | \$5.50 |
| Vietnamese Noodle Salad       |           | \$6.80 |
| Hot Dog with or without sauce |           | \$3.80 |



## Thursday

|   |  |        |
|---|--|--------|
| Poke Bowl                               |  | \$8.00 |
| Mrs. Macs Good Eating Pies - 175g       |  | \$4.20 |
| Mrs. Macs Good eating Sausage roll 110g |  | \$3.80 |

## Friday

|                               |        |
|-------------------------------|--------|
| Smokey BBQ Bacon and Egg roll | \$6.00 |
| Pizza Single - Ham & Cheese   | \$3.30 |
| Hot Dog with or without sauce | \$3.80 |



## Foccacia

|                          |        |
|--------------------------|--------|
| Bacon and cheese - Slice | \$3.30 |
|--------------------------|--------|

## Salad Box

Includes fork, wholegrain bread & dressing.

|  |        |
|--|--------|
| Baby spinach, lettuce, Tomato, Carrot, capsicum and Cucumber | \$5.20 |
|--|--------|

Add - Chicken / Ham / Tuna / Olives/ Sundried Tomato/ Light shredded Cheese or Egg - extra cost.

## Burrito

|                      |        |
|----------------------|--------|
| Chicken or Vegetable | \$4.80 |
|----------------------|--------|

## Pasta / Easy meals

|  |        |
|--|--------|
| Chicken Fried Rice / Beef Lasagne / Mac & Cheese |        |
| Spaghetti & Meatballs - 200g                     | \$5.00 |
| Gluten Free Mac and Cheese - 200g                | \$5.80 |

## Burgers (must include Salad )

|                                   |        |
|-----------------------------------|--------|
| Chicken / Fish / Beef / Vegetable | \$6.00 |
|-----------------------------------|--------|

(salad = lettuce, tomato, shredded carrot & cucumber)

## Recess

|                                    |         |                            |        |
|------------------------------------|---------|----------------------------|--------|
| Corn On The Cob                    | \$ 1.40 | Plain Cheesie Round        | \$2.00 |
| Hash Browns - 100g (Max 1 each)    | \$ 1.40 | Garlic Bread - 65g         | \$1.40 |
| Yummie Drummies - 50g (Max 2 each) | \$ 1.40 | Sweet Chilli Chicken Wraps | \$2.50 |
|                                    |         | Potato Wedges              | \$2.50 |

## Sandwiches / Rolls / Wraps (available to order for lunchtime)

Wholegrain is used, white available on request

|  | Sandwich | Roll   |  |        |
|--|----------|--------|--|--------|
| <b>Vegemite</b>                        | \$2.00   | \$2.50 | <b><u>Extra's - available for rolls, sandwiches &amp; salads</u></b> |        |
| Salad (carrot/lettuce/tomato/cucumber) | \$3.50   | \$4.00 | Olives   | \$1.00 |
| Light Cheese & salad                   | \$4.50   | \$5.00 | Cheddar cheese (sliced or shredded)                                  | \$1.00 |
| Curried Egg / Egg mayo & lettuce       | \$4.50   | \$5.00 | Avocado  | \$1.20 |
| Chicken & salad                        | \$5.00   | \$5.50 | Beetroot   | \$1.20 |
| Tuna & salad                           | \$5.00   | \$5.50 | Egg  | \$1.50 |
| Ham & salad                            | \$4.70   | \$5.00 | Roast Chicken meat   | \$1.60 |
| Egg & salad                            | \$5.50   | \$6.00 | Tuna / Leg ham   | \$1.60 |
| Ham only                               | \$3.00   | \$3.50 | <b><u>Rice Paper Rolls</u></b>                                       |        |
| Light Cheese only                      | \$3.00   | \$3.50 | Vietnamese Rice Paper Rol - Chicken Teriyaki                         |        |
| Chicken only                           | \$3.70   | \$4.20 | 3 pieces   | \$6.00 |
| Chicken, avo & mayo                    | \$5.50   | \$6.00 | Tomato sauce / margarine portion                                     | \$0.40 |

All sandwiches & rolls are made without margarine unless requested.

## Lebanese Wraps

|                      | Whole  | <b><u>Vegan snacks</u></b>               |        |
|----------------------|--------|--|--------|
| Ham & Salad          | \$6.00 | Dried Fruit/Veg - Mango, pineapple       | \$4.00 |
| Light Cheese & Salad | \$5.50 | Freeze Dried Fruit - Strawberries, Mango | \$4.00 |
| Chicken & Salad      | \$6.00 |  |        |
| Chichen, avo & mayo  | \$6.00 |  |        |